

Compulsory for Night Hike (This kit list is what they will often need during their time in Scouts)

Please do not leave your Scout until their Kit has been checked. They will be sent home without the right kit.

Clothing:

Woolly hat

Long sleeved fleece/sweatshirt

Waterproof cagoule/jacket

Gloves or mitts

Long trousers (trackie bottoms, activity trousers, uniform trousers) **ABOSOLUTELY NO**

**CORDROYS/JEANS**

Warm socks

Walking boots. If you do not have walking boots then you will need to be wearing shoes that have been waterproofed (you can buy sprays or polish that will do this from supermarkets) and bring a spare pair of socks

Waterproof trousers if you have them

Emergency rations (these are only to eat in a real emergency, not just because you are hungry)

High energy food to eat on the way (such as 1 piece of flapjack and a banana or 1 packet glucose sweets and a full size mars bar)

Hot drink in a flask

Small first aid kit of 5 plasters, 2 wound dressings, bandage and a few antiseptic wipes